



National Community
Centers of Excellence in
Women's Health

Summer 2006

Leaders IN THE Community



Barbara F. James, MPH
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Health Program



Welcome

Welcome to the second issue of Leaders in the Community, the official newsletter of the National Community Centers of Excellence in Women's Health (CCOE). In our first issue we introduced you to the CCOEs and the important work that they do. We stated that each issue of the newsletter would feature a topic relevant to community-based organizations and present examples of programs that the CCOEs have implemented to address the issue.

This issue of Leaders in the Community is devoted to women and heart health. Heart

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Coronary Heart Disease in Women: Highlights of the past 2 years—stepping stones, milestones and obstructing boulders

Nanette K. Wenger, Emory University School
of Medicine; *Nature Clinical Practice
Cardiovascular Medicine* Vol. 3, No. 4: 194-202
[Excerpts]

"Emerging data continue to highlight important sex-based differences in coronary heart disease (CHD) prevention and diagnostic testing, in the management of acute coronary syndromes and in the outcomes of CHD therapies. Evidence-based guidelines have been developed that offer specific recommendations for clinicians and information for women. These guidelines are buttressed by results that have become available from randomized, controlled clinical trials in women, and data from CHD registries and clinical trials involving both sexes but including adequate numbers of women to enable the reporting of sex-specific results."

CHD "is a major cause of mortality, morbidity and disability among women in the US... major differences have been defined between women and men in the pathophysiology, clinical presentation, diagnostic strategies, response to therapies and adverse outcomes of CHD..." This article presents "data in the context of the Evidence-Based Guidelines for Cardiovascular Disease Prevention in Women, published by the American Heart Association (AHA) in 2004, and subsequently

available data and AHA guidelines... The AHA preventive recommendations are categorized as lifestyle interventions, major risk factor interventions and pharmacologic interventions."

"Serial surveys of women have shown... a substantial proportion of all women remain unaware of the risk. Lack of awareness is persistently most prominent among the highest-risk populations, which are African-American and Mexican American women..."

"Key Points:

- A misperception of lower cardiovascular risk status for women remains among physicians and correlates with suboptimum application of preventive interventions
- Randomized, controlled trial data show: (1) no benefit from folic acid and vitamin E supplementation for CHD prevention, with possible harm from folic acid plus vitamin B6, and (2) no benefit from aspirin in reduction of a first major cardiovascular event, despite a reduction in ischemic stroke risk
- Pretest likelihood of CHD, baseline electrocardiogram characteristics and ability to exercise are the major determinants of the choice of noninvasive tests in the diagnosis of chest pain in women

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Welcome

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disease is the leading cause of death in the United States for men and women. However, there are differences in the way the disease presents in women and men. To help educate their communities about heart disease, all of the CCOEs presented activities on this topic during Heart Health Month (February). Many of these activities are shared with you in this newsletter as practical examples for you to consider and adapt to the needs of your community. We hope you will find the information included in this newsletter informative and useful as you try to determine the best ways to deliver quality care to the people of your community.

Additionally, this issue highlights an innovative breast and cervical cancer screening treatment program being implemented at one of the CCOEs. While not focused on CVD, this program focuses on how women receive immediate test results during the See, Test, and Treat Program.

Sincerely,



Barbara F. James, MPH
Director, National Community Centers of Excellence in Women's Health Program

The Heart Truth Campaign and Other CCOE Cardiovascular Disease Activities

Partnership in Women's Heart Health: *The Heart Truth Campaign*

The Heart Truth is a national awareness campaign about heart disease in women sponsored by the National Heart, Lung, and Blood Institute (NHLBI), part of the National Institutes of Health, of the U.S. Department of Health and Human Services. *The Heart Truth* campaign includes the following three components: professional education, patient education, and public awareness.

Professional Education

The U.S. Department of Health and Human Services (DHHS) Office on Women's Health (OWH) has collaborated with the NHLBI to address the continuing education and training needs of health professionals about heart disease in women. A team of national experts from the National Centers of Excellence in Women's Health and the National Community Centers of Excellence in Women's Health developed an array of educational materials for use by educators, practicing health professionals and students. These materials include self study modules offering free CME/CEU credits, online materials, student training materials, and other resources which are available at www.womenshealth.gov/hearttruth. Many of the educational programs conducted by the CCOEs during Heart Health Month used the professional educational materials developed through this partnership.

Patient Education

The Heart Truth campaign (www.nhlbi.nih.gov/health/hearttruth) offers individuals and organizations many easy to use materials, resources, and tools to help women learn about their risk of heart disease, and to take action to lower that risk.

Public Awareness: *The Red Dress Symbol*

The Heart Truth first introduced the Red Dress as the national symbol for women and heart disease awareness at Fashion Week in

2003. Since its introduction, women around the country have rallied around the Red Dress and are celebrating the cause and taking ownership of the symbol.

During Heart Health Month (February 2006), the CCOEs expanded their activities to call attention to heart disease in women. At this time, various programs to educate women and providers were offered by the CCOEs. Some of these programs are described below.

Christiana Care Health System CCOE

In 2005, Christiana Care's CCOE organized several Heart Truth presentations for health professionals. Since that time they have reached over 476 healthcare professionals from many disciplines, including physicians, nurses and nurse practitioners, dental hygienists and university faculty and students.

Dr. Toni Bransford from the University of Minnesota, presented on *The Heart Truth* and gave a talk on racial disparities at the Refresher at the Beach in Rehoboth, DE for OB/GYN providers. She also gave a presentation on *The Heart Truth* program at Nanticoke Hospital in Seaford, DE.

Dr. Elizabeth von der Lohe, from Indiana University, also presented heart truth information to public health staff and at Grand Rounds for the Department of Medicine at Christiana Care Health System. Her presentation included *The Heart Truth* slides as well as her own information on women's heart health.

Great Plains of Greeley County CCOE

In 2006, Greeley County Health Services CCOE sponsored numerous events for Heart Health Month. On Friday (February 6, 2006) National Wear Red Day, events were held throughout the day promoting awareness of Heart Disease in Women.



Kim Sanders, NEON CCOE Center Director, distributes the Heart Truth Dissemination materials at the National Association of Community Health Centers Conference in Miami, Florida.

The day started with a coffee talk at the Senior Center in Tribune, Kansas. Eldonna Sylvia, ARNP, was the speaker for the event. Her program on heart disease utilized tools from *The Heart Truth* tool kit and display items from Wallace County Extension Agency, a CCOE partner. The display showed amounts of sodium found in everyday foods that we eat, as well as a model of body fat. She also had a machine available so that when attendees enter their age, weight, height and gender, their percent of body fat and the pounds of fat the individual had was reported. Heart healthy cereal samples were given out along with recipes and coupons.

The Greeley County Republican newspaper also ran articles about *The Heart Truth* events the week before and the week of National Wear Red Day. They included promotional information on wearing red in

support of heart disease. In response to this promotion, many people wore red in the clinic and the community.

A Red Dress display was available in both Tribune and Sharon Springs grocery stores. The displays included information on the Red Dress Campaign and heart healthy recipes were available for shoppers to pick up. Over 40 recipes were given out in 2-3 days. Ingredient markers were placed within the stores showing where shoppers could find ingredients for Barbecued Chicken and Apple Coffee Cake. The store employees were given Red Dress pins or red "Beat It" bands to wear on Friday.

Another heart disease program was presented at noon in Sharon Springs. Cookbooks and red water bottles with heart healthy tips on them were given away to the individuals with the best red outfits.

At the Greeley County Hospital, the CCOE hosted a heart healthy lunch prepared by the kitchen staff. They had over 50 staff wearing red or sporting the RED dress pin or red "Beat It" rubber wrist bands.

Greeley County Health Services hosted a RED fashion show at their offsite facility in the afternoon with their local Red Hat Purple Dress group. Local day care children were the models. The residents were dressed in their RED as they came out to enjoy the show. Music was provided by one of the Red Hat ladies, and everyone had a great time. They had over 60 people in attendance for this event.

All information, promotion and coordination were provided through the CCOE staff of Greeley County Health Services.

Griffin Hospital CCOE

The Griffin Hospital CCOE, as part of *The Heart Truth* campaign, assisted in developing professional training materials. Specifically, they were involved in the development of interactive web-based modules to assist health professionals acquire the skills needed to better treat heart disease in women.

NorthEast Ohio Neighborhood Health Services, Inc. (NEON) CCOE

NEON's CCOE worked diligently with the University of Michigan (CoE) and the University of Wisconsin (CoE) to complete the development of the provider education

materials to support the National Heart, Lung, and Blood Institute's *The Heart Truth* Professional Education Campaign. NEON also entered into a contract with the University of Wisconsin Center of Excellence in Women's Health (CoE) to disseminate the provider education materials to support *The Heart Truth* Campaign.

Northeastern Vermont Area Health Education Center CCOE

The Northeastern Kingdom CCOE is disseminating the new *The Heart Truth* guidelines for health care providers in the state of Vermont through a partnership with the Universities of Indiana and

Minnesota CoEs. Through statewide provider conferences and with expert presenters from Minnesota, Indiana and the University of Vermont College of Medicine, the national *The Heart Truth* curriculum is being presented at numerous statewide provider conferences and hospital grand rounds, including Vermont's Annual Women's Health Conference in May 2006, Annual Family Practice Review Course, as well as the statewide Nurse Practitioner and OB/GYN annual conferences.

Other initiatives include the distribution of *The Heart Truth* information through mailings to all primary care providers in the

MedStars: A program inspiring young women to explore health careers in rural Vermont.



state and incorporation of *The Heart Truth* information in a unique summer health exploration program for high school girls as part of their introduction to health careers. Overall, the goal of the dissemination project is to ensure that every primary care provider in Vermont has received training and the information and guidelines included in *The Heart Truth* campaign.

Women's Health Services CCOE

In 2005, the Women's Health Services CCOE, through the Santa Fe County Community Benefit Fund, launched "The Heart Truth in Santa Fe County", a multi-faceted education, research and patient services initiative. The campaign activities included:

- 1. A presentation by the CCOE Center Director, Dr. Justina Trott, on sex and gender-specific health care at the internal medicine section at St. Vincent Regional Medical Center (SVRMC). She also highlighted cardiovascular disease in women.
- 2. A County-wide educational campaign on women's heart disease awareness. The advertisements in the New Mexican, Journal North, Santa Fe Reporter, Eldorado Sun, and The Magazine newspapers reached more than 50,000 readers.
- 3. A final conference for the Pick Your Path to Health diabetes program was held at Santa Maria de la Paz Church with 40 participants (over 95% women). The conference focused on diabetes. Listening groups explored issues related to complications of diabetes, including cardiovascular disease and barriers to taking care of oneself. The monthly group of approximately 10 women continues to meet.
- 4. Three quarterly newsletters, Hot Flash, each reaching over 8000 readers. The newsletter focused on women's heart health.
- 5. Several radio programs focused on the topic of heart disease and women.
- 6. The distribution of Heart Truth



Julie Graber is examined by Cristy Wickman, CFNP. Julie is a patient and Cristy a care provider at Women's Health Services CCOE in Santa Fe, NM.

- Campaign materials to 260 physicians on the St. Vincent Regional Medical Center (SVRMC) medical staff.
- 7. Participation in the Institute for American Indian Arts health fair reaching 85 Native Americans and administering the heart risk assessment tool.
- 8. A partnership with the Santa Fe Reporter, which held a health fair for Valentine's Day; approximately 250 men/250 women participated. Also, WHS had an informational table highlighting heart health in women.
- 9. Convening six health fairs during National Woman's Health Month reaching 433 men and 865 women; 40% were Hispanic and 60% were Caucasian, except at the Tesuque Pueblo. Educational materials were distributed, and cardiovascular risk screenings were conducted at each of the events.
- 10. Participating in a gallery opening: To celebrate National Women's Health Week WHS held a "Women in Red" photo art exhibit attended by 150 men and 75 community members. Volunteer local artists photographed prominent local women in Santa Fe to highlight the Red Dress National Campaign with a local flavor.
- 11. Participating in Health and Human Services Week: WHS was chosen as one of 12 community organizations to participate in Health and Human Services Week in Santa Fe, when Vanessie Restaurant hosted a week to raise money for and awareness of local health service organizations. During the week, they highlighted sex- and gender-specific health care using the example of heart disease in women.

Christiana Care Health System

CCOE. In 2005, the CCOE clinical care chair and chair of the Department of Family Medicine, Janice Nevin, MD presented Heart Health for Women to family practice residents and other family practice providers at the Family Practice Symposium. Additionally, Angela DiSabatino, Research Nurse manager for the Christiana Care Health System Heart and Vascular Center, presented to the Delaware Office Nurses Association. This was the first presentation where they used the approved Heart Truth pre and post tests. 🍷

Griffin Hospital CCOE launched the Health Matters for Women initiative during the fall of 2005 to address the issue of cardiovascular health in women. The pilot program was designed to examine the effect of a multidisciplinary approach on weight loss/maintenance, dietary and physical activity behavior. It was offered to 40 women aged 18 and older. Program components included: 1) nutrition counseling and education; 2) promotion of physical activity; 3) behavioral counseling to promote healthy nutrition and to improve physical activity; and 4) empowerment, or capacity building, by using a group setting and buddy system to enhance self-efficacy and promote behavior change. Eight sessions were held over the course of two months. Consultants (nutritionist, personal trainer and life coach) were hired to conduct these sessions and assist women in 'buddying up' to meet their health goals. Findings revealed an increase in positive health behaviors and an increase in self-efficacy. 🍷

The **Jefferson Health CCOE "Women's Healthlink"** sponsored a blood pressure screening for hospital employees in 2006. This was done in conjunction with Heart Health Month. One-hundred employees received education and CVD information. Follow-up evaluations were provided for employees with elevated blood pressures.

In 2005, A Heart Disease Seminar for local

highlights EVENTS

clergy was given by Women's HealthLink staff. Clergy in the city of Birmingham were invited to Cooper Green Hospital to receive CVD screening and information that could be shared with their congregations. Approximately 50 clergy attended the fair.

The Heart Link program sponsored by Women's HealthLink provides free aerobic exercise classes on Tuesdays and Thursdays in the Resource Center at Cooper Green Hospital. There are many participants taking advantage of this opportunity. 🍷

Kokua Kalihi Valley Comprehensive Family Services (KKV) CCOE. Like many communities served by the CCOE network, KKV's many residents suffer from cardiovascular disease and diabetes. To empower the community to improve their health through lifestyle change and a better understanding of the health care system, KKV started 'Health Talks' as part of the Ohana Women's Health and Wellness Program. These groups started as four separate groups that met once a month. They were divided by language to better facilitate open discussion. The groups were English, Samoan, Filipino and Chuukese speaking. The English group was discontinued after about 6 months due to lack of participation. The other three groups have been ongoing for more than 3 years now. These groups meet and talk about health topics determined by both group interest and by known needs in the community, get a little exercise and have a healthy snack. The topics have ranged from direct health concerns like diabetes and cardiovascular disease to personal financial management.

The Health Talk groups focused on cardiovascular disease through a series of Heart Truth home health parties hosted by Health Talk participants and facilitated

by program staff, targeting community women not otherwise accessing health education at Kokua Kalihi Valley. These were followed a month later with CPR training for all Health

Talk participants in partnership with the American Heart Association.

The health talk groups were taken a bit further with a pilot of the Pick Your Path to Health program. A staff representative from each Health Talk group ethnicity was trained in motivational interviewing and coaching. They were then assigned 3 to 4 participants to work with for six months. The coaches helped to lead the monthly health talk sessions and then met each month individually with their assigned women to set goals and action steps. The women were very receptive to setting personal goals and objectives. Many made progress in attaining their goals which predominately focused on nutrition and exercise. Although long term results are unavailable, feedback from both participants and coaches is that personal goal and action step setting with the support of a coach from the same linguistic and cultural background is an effective way to modify behaviors leading to chronic conditions like cardiovascular disease. 🍷

Mariposa Community Health Center CCOE –Ambassador for Change. On National Wear Red Day in 2006, Mariposa's Health Promotion Department, Platicamos Salud, had staff come to work dressed in red to celebrate Wear Red Day and raise awareness that cardiovascular disease is the # 1 killer of women in the U.S. Also, Yolie Carrillo, a women's health specialist for the AFC, gave a Heart Truth presentation for about 30 staff at a local department store.

Mariposa CHC has recently received funding from a pharmaceutical company to implement a healthy heart community education program using the Your Heart, Your Life curriculum that Mariposa has used in the past, with great success. 🍷

Turley Family Health Center Morton Plant Hospital has been instrumental in influencing multidisciplinary projects throughout the Baycare system. A group from the CCOE at Morton Plant Hospital (MPH) participated in a cardiovascular disease and women's health training held in Louisiana. The tools gained from this training gave support to the writing of a Baycare-wide grant to the Alleghany Franciscan Foundation for the Women's Healthy Heart Initiative, a screening and education program aimed at increasing awareness and preventive intervention for low to mid-income women in Pinellas County. The grant provided 100 free screenings and consultations. After this initial number of free cardiovascular assessments, they continued to provide the services for a small fee, while extending the outreach education efforts to faith-based and academic institutions. This rooted efforts to facilitate the expansion and development of comprehensive advancements in women's care while breaking down social and financial barriers that affect the area. The series of events that came from the training truly took a joint effort to increase access to preventive care to the next level.

On the education and outreach side, the CCOE initiated multiple opportunities for the community to learn about women and heart disease. First, they created table top display boards that were exhibited in the clinical waiting rooms on the topics of cholesterol, high blood pressure, obesity, weight management, nutrition, physical activity, stroke, women's health, diabetes, and culturally-specific awareness. Since December 2005, they have collaborated with the local American Heart Association chapter for the Woman to Woman Ambassador Program. This initiative involves training lay community educators to do basic heart health education in small groups. The CCOE coordinator is active on the local task force and has recruited three ambassadors and peer task force members. They currently teach basic heart disease classes to area churches, community



Mariposa Community Health Center CCOE staff dressed to recognize National Red Dress Day

groups, friends, and family.

Also, the CCOE implemented a monthly lecture series entitled "Ladies Nite Out" which also brought cardiovascular health to the forefront. Lectures on dietary guidelines, physical activity, heart disease, cholesterol, diabetes, and healthy cooking are conducted. Training sessions, "Lunch N Learn," for Turley Family Health Center clinical staff included most of these topics for better preparedness in patient heart health education. They also hold regular symposium lunch trainings for residents and faculty physicians to provide updates on current women's health issues. Finally, for training of professional health providers, the CCOE has had 2 symposiums on topics related to heart disease: Women and Cardiovascular Disease and Gender Specific Medicine: Cardiovascular disease. They included an educational lecture on gender specific medicine along with panel discussions consisting of female physicians from diverse practices. Cardiology, interventional, non-interventional, pulmonary, obstetrics/gynecolo-

gists and family medicine physicians all attend this educational session.

For Heart Health Month (February 2006), the CCOE orchestrated a myriad of community heart activities. They:

- ▶ collaborated with the Women's Healthy Heart Initiative at Morton Plant for National Wear Red Day.
- ▶ supplied educational materials and CCOE program information for their resources bags.
- ▶ participated in the noon lecture called "Protecting your Heart- 5 Things Every Woman Needs to Know", which served the large elderly Caucasian population of Clearwater.

A local female cardiologist presented the risk factors and prevention guidelines for women. The Women's Healthy Heart Initiative also incorporated two other educational sessions at Morton Plant Hospital on "The Benefits of Exercise to Your Heart Health" and "Healthy Eating for a Healthy Heart". The CCOE provided an educational session in partnership with the YWCA- Hispanic Outreach Center for



Zonya Foco demonstrating the amount of fat found in one glazed donut during a Heart Health Awareness presentation at the Northeast Missouri Health Council, Inc. CCOE.

Spanish-speaking women on the topic of heart disease and women.

Also, during Heart Health Month, the CCOE kicked off a new physical activity initiative for Turley employees called the “100 Mile Club”. This support groups empowers and motivates women at work to walk during their lunch breaks on the walking trail located one block from the facility. The CCOE supplied pedometers and step logs as incentives to the program. 🍷

The **Northeast Missouri Health Council, Inc. CCOE - Ambassador for Change** sponsored several Heart Health Awareness Activities. The City of Kirksville signed a proclamation declaring February 3 as “Wear Red Day”. Five restaurants offered a 15% discount to anyone wearing red that ate lunch between 11:00 am – 1:00 pm. All of the tables had facts about women and heart disease and questions to ask doctors about risks and screenings. In addition, area

schools, universities, banks, and other business participated in the national campaign by encouraging their employees to wear red on National Wear Red day.

In addition to promoting Women and Heart Disease Awareness through National Wear Red Day, three *Women and CVD* community programs were presented in northeast Missouri. 🍷

Northeastern Vermont Area Health Education Center CCOE. In 2005, the Northeast Kingdom CCOE sponsored a program titled “Small Changes Can Make A Big Difference” to celebrate National Women’s Health Week. The program focused on nutrition, fitness, stress reduction, and taking responsibility for your own heart health. The National Women’s Health Week celebration in 2006 will also highlight the impact of healthy living on heart health. 🍷

NorthPoint Health & Wellness Center CCOE. During Heart Health Month 2006, the CCOE at Hennepin Department of Primary Care, NorthPoint Health & Wellness Center in Minneapolis held a Heart Health fair. CCOE Women and patients from NorthPoint were invited to come and bring someone they love to the CCOE’s Heart Health fair for free heart health screenings. Automated blood pressure machines were available and staffed by trained volunteers. Volunteers assisted clients in taking their blood pressure and explained the results. They also answered questions the clients had about heart health. The volunteers provided women with a variety of blood pressure and cardiovascular-related educational materials to take with them. The CCOE also had volunteer nursing students available who provided stroke risk assessments. The volunteers went through the American Stroke Association “Stroke Risk Assessment Form” with participants at the health fair, followed

by a carotid artery check and cuffed blood pressure check. Women who participated in the Heart Fair received a Red Dress pin, a women's heart health magazine and a wide variety of cardiovascular-related educational materials including a wallet-sized blood pressure tracker. The women also received information about the CCOE and learned about the benefits of membership. Over 75 clients participated in the CCOE Heart Health Fair. The CCOE at Hennepin County Primary Care Department in Minneapolis is committed to raising awareness about heart disease, the number one killer of women in the United States, and to helping women live healthier lives by providing this free heart health screening to its members and the community. 🌱

Oakhurst Medical Centers, Inc. CCOE.

Over the past year, Oakhurst Medical Centers CCOE has continued its efforts to teach women the importance of hypertension and cardiovascular disease. With an emphasis on heart health, the Georgia Department of Community Health awarded Oakhurst funds to strengthen and expand chronic disease management in 2006 focusing on cardiovascular disease. Women with a diagnosis of hypertension and/or cardiovascular disease are provided with integrated chronic disease management through patient management protocols, case management and medication assistance. Disease management education is provided on a monthly basis at local churches and senior centers in the community.

In 2006, Oakhurst Medical Centers, in partnership with Sister to Sister Network and Cardiovascular Concepts, a local cardiac screening company, participated in the Sister to Sister's Annual National Woman's Heart Day Campaign in Atlanta. The event featured screenings, exhibits, cooking demonstrations and prize giveaways. Oakhurst Medical Centers and Cardiovascular Concepts provided cardiovascular and blood pressure screenings to over 245 women attending the event.

2006 Launch of the Ambassadors for Change Program: Three CCOEs Selected

The OWH launched the National Centers of Excellence in Women's Health and National Community Centers of Excellence in Women's Health—Ambassadors for Change (AFC) program in 2006 to provide an opportunity for Centers whose project period ended to share their expertise, related to the implementation of comprehensive, integrated, multidisciplinary models of care, with other organizations.

The primary purpose of the AFC program is the continuation of the "one-stop shopping" or "centers without walls" models of women's health care that have been developed by the CoEs and CCOEs, at a reduced level of effort for each component, and the provision of advice and guidance to other organizations interested in developing or implementing these unique models of women's care. The AFCs are required to maintain all the following components:

- ▶ (1) leadership development for women,
- ▶ (2) training for lay, allied health, and professional health care providers,
- ▶ (3) public education and outreach with special emphasis on outreach to minority women,
- ▶ (4) comprehensive health service delivery that includes gender and age-appropriate preventive services and allied health professionals as members of the comprehensive care team, and
- ▶ (5) basic science, clinical and community-based research.

These components must be integrated. In 2005, the following six centers were awarded Ambassadors for Change grants:

- ▶ Drexel University CoE
- ▶ **Northeast Missouri Health Council, Inc. CCOE**
- ▶ Magee Womens Hospital CoE
- ▶ **Mariposa Community Health Center CCOE**
- ▶ **St. Barnabas Hospital and Healthcare System CCOE**
- ▶ University of California at San Francisco CoE

In 2006, the OWH awarded 12 additional grants. These Ambassadors for Change grants were awarded to:

- ▶ University of California at Los Angeles CoE
- ▶ University of Wisconsin CoE
- ▶ **North Point Health and Wellness Center CCOE**
- ▶ University of Illinois at Chicago CoE
- ▶ Boston University CoE
- ▶ Indiana University CoE
- ▶ **Notheast Ohio Neighborhood Health Services CCOE**
- ▶ **Women's Health Services CCOE**
- ▶ Tulane University CoE
- ▶ University of Puerto Rico CoE
- ▶ **Northeastern Vermont AHEC CCOE**
- ▶ Harvard Medical Center CoE 🌱

Others Plans for 2006: In its continuing effort to train future women health professionals, Cardiovascular Concepts and Oakhurst CCOE are developing a career development program for low-income, marginally educated women to train to become cardio technicians. 🌱

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- ▶ The CRUSADE Registry data challenge whether adverse outcomes in women with acute coronary syndromes relate to raised baseline risk, to suboptimum admission and discharge therapies, or both
- ▶ An early invasive strategy with glycoprotein IIb/IIIa antagonist use is clearly recommended for women presenting with high-risk acute coronary syndromes." 🌱

See, Test, & Treat Program Conducted at the NorthPoint Health & Wellness CCOE in 2005

Women Receive Immediate Test Results During See, Test, & Treat Program

During October 2005, more than 100 uninsured and underinsured women received free breast and cervical cancer screening services during the first ever See, Test, & Treat™ program held at the CCOE at NorthPoint Health and Wellness Center in Minneapolis, MN. During the two-day event, women received Pap tests and mammograms and they received their Pap test results within the hour. Follow-up treatment was immediately available for women with abnormal Pap tests. Those patients with abnormal mammograms received their results within two days and were scheduled for necessary follow up.

The program was held in conjunction with the College of American Pathologists (CAP). The unique aspect of the See, Test, and Treat program is that pathologists and cytotechnologists are present to screen and diagnose Pap test results immediately so that follow up care, in the form of colposcopy or LEEP, can be provided during the same visit. In a facility with the capability to process and read mammograms on site, pathologists are able to work with radiologists to provide further diagnosis for women with abnormal mammogram results.

Officials with the College of American Pathologists and those at the NorthPoint

CCOE found the program to be a great success. “Many of the women who attended this program are typically hard to reach or high risk patients,” says Pam White, director of the NorthPoint CCOE. “Uncovering nine patients who had abnormal Pap test results and eight women with abnormal mammogram results, who have since received necessary care, makes it all worthwhile. Without this program, these women may not have been tested at all and would have been less likely to come back for follow up care.”

The same-day results provided relief to women who often wait weeks to find out whether they require follow up care. In addition, same day results help alleviate some of the challenges women face that result in them not receiving the follow up care they need. These include problems taking time off from work or finding child care for a second doctor visit, among others.

The NorthPoint program was the first to be held in an urban area, which presented some unique opportunities and challenges. The urban setting provided the opportunity for extensive participation by community partners so that additional patient education and screenings such as blood pressure, cholesterol level and diabetes risk assessments were available to participants.

Bilingual volunteers were available to provide interpretation services for patients and financial aides were on hand to assist women in completing and submitting applications to obtain medical insurance and to register eligible women for the National Breast and Cervical Cancer Early Detection program.

The primary challenge of the program was to get patients to remain at the clinic while their Pap test results were processed, which generally took about an hour. Those patients who stayed met privately with patient advocates to receive their results and also received a grocery store gift certificate and a See, Test, & Treat t-shirt. However, the five patients who required follow up care and could have received immediate services were among those women who left before their results were reported. Fortunately, patient advocates did reach each patient at home that day and scheduled follow-up appointments for colposcopy within a few days. In addition, because mammograms could not be processed and interpreted on site, patient advocates followed up with each patient to provide her mammogram results and schedule additional testing or treatment, if necessary.

“The CAP provided the guidance we needed based on their previous experiences with the See, Test, & Treat program. The CCOE team pulled together and did an excellent job implementing the event,” says Ms. White. “We would like to make this an annual event.”

The College of American Pathologists has written a See, Test, & Treat manual and has staff available to help interested groups implement a program. For additional information, please contact Maureen Jones at the College of American Pathologists, 800-323-7439 or via email at mjones@cap.org. 🍎



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Northeastern Vermont Area Health Education Center ★

St. Johnsbury, VT 05819
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Northeast Missouri Health Council, Inc. ★

Kirksville, MO 63501
www.nemohealth.com/wcc.html
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NorthEast Ohio Neighborhood Health Services, Inc. ★

Cleveland, OH 44103
www.neonhealth.org
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Oakhurst Medical Centers, Inc.

Stone Mountain, GA 30083
www.oakhurstmedical.org
Director: Timothy McNeil, RN, MPH
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Coordinator: Talayah Jackson, MPH
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St. Barnabas Hospital and Healthcare System ★

New York City (Bronx), NY 10453
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Women's Health Services ★

Santa Fe, NM 87501
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National Community
Centers of Excellence in
Women's Health

**Office on Women's Health
Department of Health and Human Services
National Community Centers of Excellence
in Women's Health
www.womenshealth.gov/OWH/CCOE**

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Valerie Scardino, M.P.A.
Program Manager, National Women's
Health Information Center

Professional Milestones

► **Carrie Gerard, CCOE Program Assistant at Hennepin County Primary Care Department, NorthPoint Health & Wellness Center, Minneapolis, Minnesota.** Ms. Gerard studied Spanish Language & Cultures at the University of MN, followed by a two-year stay in Madrid, Spain. Her background includes working with children with special needs and experience as a Spanish teacher. Ms. Gerard brings a strong commitment to outreach and education to the CCOE.

► **Chrysanne Grund, Promoted to CCOE Center Director of the Greeley County CCOE, Tribune, KS.** Ms. Grund brings 13 years of experience in rural and community health programs and six years of grants and program development to the program. Additionally, she holds a bachelor's degree in Agribusiness.

► **Pam White, CCOE Center Director and NorthPoint Clinic Manager at Hennepin County Primary Care Department, NorthPoint Health & Wellness Center, Minneapolis, MN.** Ms. White's background is in leadership and program development. She has been a Women's Health Care Nurse Practitioner for 15 years and a nurse for over 22 years. Pam's commitment to women's health care is a valuable asset to the CCOE.

► **Ami Acharya, MD, MPH, is the new Center Director of the Griffin Hospital CCOE in Derby, CT.** Dr. Acharya brings expertise in minimally invasive and laparoscopic surgery as well as management of female urinary incontinence and pelvic floor repair. Dr. Acharya completed a four-year residency in Obstetrics/Gynecology at Michigan State University. She received the Outstanding Resident Award from the Society of Laparoendoscopic Surgeons in June 2005. She completed her medical training at the University of Bombay in India and earned her Master's Degree in Public Health from Harvard University in Boston, where she also completed a two-year clinical research fellowship at the Brigham and Women's Hospital.

► Additionally in 2006, three instrumental individuals in the development of the CCOE program left their CCOEs to further their careers to enable them to continue to be at the forefront of Women's Health: **Dr. Mya Moe Hla**, former Center Director of the KKV CCOE, **Veronique Desautels**, former Program Coordinator of the Morton Plant Hospital CCOE, and **Milta Vega-Cardona**, former Program Coordinator of the St. Barnabas Hospital CCOE. ♥

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